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Wing training timeline

As of Wednesday Pilot Instructor Training

Squadron	Senior Class	Overall
99th FTS	-4.0	0.0
558th FTS	0.7	0.1
559th FTS	-8.9	1.4
560th FTS	-3.8	-4.5

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Navigator, EWO training

562nd FTS		563rd FTS	
Air Force	236	Undergraduate	49
Navy	84	International	12
International	2	EWC Course	0
		Fundamentals	0




Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

Wing Sortie Scoreboard

Aircraft	Required	Flown	Annual Required
T-1A	2,623	2,491	3,835
T-6A	6,008	6,048	8,863
T-37B	5,998	5,769	8,641
T-38A	5,932	6,016	8,640
T-43A	797	835	1,158

Numbers reflect the required and flown missions as of Wednesday, and the required missions for fiscal 03.

Weekend weather

Day	Forecast	High	Low
Today		94	72
Saturday		95	74
Sunday		94	73

Randolph to hold gala Fourth of July

By **Ralph Monson**
12th Flying Training Wing Public Affairs

Randolph's annual Independence Day celebration will kick off July 4 at 5 p.m.

Randolph officials invite the public to participate in a fun-filled evening of family entertainment. The celebration will include food booths, live music, special children's activities, various fitness events and a fireworks display.

"Planet Soul" will perform on stage from 6 to 7:30 p.m. and "Two Tons of Steel" will play from 8 to 10 p.m.

Activities for children include jewelry making, face painting, flag making and a variety of other crafts and games. The children's entertainment tents will be open from 5-8:30 p.m.

In addition to live entertainment, food booths will offer hamburgers, hot dogs, fajitas, turkey legs, snow cones, ice cream,

soft drinks and more.

Visitors are reminded that coolers, picnic baskets, weapons, personal fireworks and pets are not allowed to be brought onto the base. However, everyone is encouraged to bring blankets and portable chairs. Since there is no shade on the ramp area, people are also encouraged to wear hats and use a strong sunscreen.

Visitors arriving from Pat Booker Road or FM 78 will enter the base through the west gate. Visitors arriving from Loop 1604 should take Lower Seguin Road and enter the base through the south gate. The Texas Department of Transportation will post signs directing visitors to the south and west gates. The main gate will be for vehicles displaying a base decal and sponsored visitors.

Randolph's Fourth of July events are made possible, in part, by the support of several area sponsors. The musical enter-

tainment for the event is being sponsored by the Randolph-Brooks Federal Credit Union.

Other activity sponsors will include: Magic 105.3, Budweiser, Coca Cola and Eisenhower National Bank.

Schedule of events

5 p.m.	Gates open
5-8:30 p.m.	Children's Crafts
6-7:30 p.m.	Planet Soul Band
8-10 p.m.	Two Tons of Steel Band
10 p.m.	Fireworks
10:30 p.m.	Event ends

FCC provider wins AETC annual award

By **Jennifer Valentin**
Wingspread staff writer

April Torrey, Randolph Family Child Care provider, was recently recognized as the 2003 Air Education and Training Command's FCC Provider of the Year.

In May, Ms. Torrey was named Randolph's FCC Provider of the Year. Ms. Torrey has been a provider here since March 2000.

"I decided to become a provider because when my family and I arrived at Randolph in April of 1999, we had a difficult time finding care for our son, Noah, who was 15 months old," said Ms. Torrey. "I remained at home to stay with our son, but soon after we were blessed to have a provider from the FCC program take care of Noah."

Soon their son's provider moved and Ms. Torrey decided to become part of the FCC pro-

gram. While she was employed during the day, she attended evening orientations and received her license in March 2000.

"It is an overwhelming honor to have been chosen to represent my command and my fellow Randolph colleagues," said Ms. Torrey. "We are professionals in the services we provide, dedicated to the career we have chosen, and extremely proud of the difference we are making in the lives of children and families."

The Randolph FCC program is led by Sara Wilson, flight chief, and Essie Howard, coordinator.

The Randolph FCC program was recently selected as the 2003 AETC FCC Program of the Year. Currently, there are 22 on-base licensed FCC homes, and two affiliated homes in Converse and Schertz. The program has about 124 children enrolled.

"The most rewarding aspect



April Torrey, Randolph Family Child Care provider, was recently recognized as the 2003 Air Education and Training Command's FCC Provider of the Year. (Photo by Jennifer Valentin)

of the FCC program is that the program has allowed my family and me to create long lasting friendships and partnerships not

only with the children that were in my care, but the families and extended families of each child as well," said Ms. Torrey.

Commander sets focus for remainder of 2003

By Col. Mark Graper
12th Flying Training Wing commander

We're quickly approaching the mid-way point of 2003 - hard to believe, isn't it?

And what a year it's been so far - a successful Centennial of Flight Air Tattoo, POW Freedom Flyer 30th Reunion, and an "Excellent" Operational Readiness Inspection from the Air Education and Training Command Inspector General, all the while accomplishing our flying training mission and supporting deployed operations around the world.

As we move beyond the ORI and into second half of this year, let me discuss several areas—consistent with our Readiness, Stewardship and Transformation themes—to help us focus our efforts.

Flying Training Readiness. Regardless of all the additional activities in which we engage, training aviators is our core mission - the reason the 12th Flying

Training Wing exists. We'll continue to fly, fix and support to train the world's best aviators - instructor pilots, navigators, Electronic Warfare Officers, Naval Flight Officers and Marine aerial navigators. You are doing a great job conducting and supporting flying training that sustains the combat capability of our Air Force and Navy, the Department of Defense and our allied nations.

Expeditionary Readiness. Another constant aspect of our mission is support of Air and Space Expeditionary Force taskings around the world. I'm sure you've read about the Air Force's Blue and Silver transitional AEFs that are designed to sustain combatant commander support while bringing deployed airmen home and putting us back on track with deployment schedules.

These Blue and Silver AEFs are important as the Air Force brings a sense of "normalcy" back to deployment cycles by March 2004. Keep in mind, however, the potential for any of



Col. Mark Graper

us to be called at any time to support contingency operations based on warfighter requirements.

Leadership Changes. Summer is when we typically see the most leadership changes in our units. This summer the wing will change out our vice commander and command chief master sergeant, as well as nine squadron commanders, three wing division chiefs, as well as rotate several first sergeants. As we thank those who are moving on for their extraordinary service

and leadership we also welcome new leaders. The challenge for the rest of the team is continuity of operations—seamless support of mission and people.

Strategic Sourcing Implementation. Consistent with our transformation theme, strategic sourcing continues apace.

We will be in the implementation phase until Dec. 31, which consists of reorganizing the structure of the wing as laid out in the management decision packages that describe the reengineering and process transformations. A transition plan will be staffed through group commanders shortly. We are also working with the Air Force Personnel Center on civilian personnel actions to ensure we have the right people with the right skills on the team as many base operating support functions transition from military to civilian. For our affected military people, overseas assignments have closed out, base of preference assignments are about to close out and CONUS assign-

ments will flow for everyone else in late August.

Numerous areas of the wing will be affected as we streamline the way we do business, transforming our processes so we are more efficient and better stewards of taxpayer dollars and resources. Change can be disruptive.

To minimize the turbulence, we'll keep open communication to describe the effect on personnel within restructuring units. We will also keep all our Team Randolph customers, to include our honored retirees, apprised of changes in base services.

Flying training readiness, expeditionary readiness, continuity of operations amidst leadership changes and implementation of strategic sourcing: these are by no means all the wing is doing, but rather are four key areas of focus as we move from a busy winter and spring into the second half of 2003.

I sincerely appreciate you and your families' service to America's Air Force and Navy—please keep up the hard work.

AETC donates \$29K to Air Force Enlisted Village

By Chief Master Sgt. Karl Meyers
Air Education and Training Command command chief master sergeant

Sir Winston Churchill once said, "We make a living by what we get, we make a life by what we give."

Those words aptly reflect the generosity of the Air Education and Training Command team when it comes to making a better life by giving to others in our Air Force family.

For the eighth year in a row, the enlisted members of AETC and the organizations they belong to put service before self in donating their time and money to support the Air Force Enlisted Foundation, Inc.

I cannot recall a prouder moment in my 25-year career than when I presented a \$29,290 check on the command's behalf to retired Chief Master Sgt. of the Air Force James Binnicker, the foundation's chief executive officer, and retired Chief Master Sgt. Ken Hair, the foundation's marketing and development director and a former AETC senior enlisted advisor, during the Air Force Command Chief Master Sergeant Conference.

The very generous donation, which has increased every year since the informal program began in our command, will improve the quality of life for the residents of Hope Village and Teresa Village, the two communities in the Florida panhandle that comprise the Air Force Enlisted Village.

"I am very impressed and very thankful for your great support," Chief Hair wrote in an e-mail message addressed to the members of AETC. "You lead by example. Your efforts help in so many ways that I can't list them all. But the most important thing to remember is how much the widows appreciate your hard work. They don't know all of your names but they know what command you represent and how much you care about them."

"You can take great pride in this significant contribution and what you do for a very special part of the Air Force Family. I am honored to have been a part of the First Command!"

This year's AETC donation will be used to renovate an apartment, according to Chief Binnicker. A bronze plaque will be placed beside the door of the apartment as a remembrance of the donation. Last year, the command's donation went toward the purchase of a bus to provide transportation for residents to go shopping, attend community events, visit the doctor and take other trips away from their homes.

The Air Force Enlisted Foundation, Inc., one of four charities supported each spring during the Air Force Assistance Fund campaign, was founded in 1967 by a group of active duty and retired Air Force NCOs to provide a home for surviving spouses of enlisted Air Force members. It was incorporated in Washington, D.C., in 1968 and granted federal tax-exempt status as a nonprofit corporation in 1971. Authorized charitable support through

the AFAF drive began in 1973.

In 1975, Teresa Village, a 100-apartment complex in Ft. Walton Beach, Fla., was purchased and opened for residency. In 1978, the foundation bought 72 acres of Eglin Air Force Base land in Shalimar, Fla., which opened as Bob Hope Village in 1985.

Teresa Village and Bob Hope Village are the only retirement communities for enlisted Air Force members in the country.

The AETC commitment to these men and women — your commitment to your own Air Force family — in the form of a monetary contribution each spring is one way for our command to help others in need who have helped build and sustain the Air Force over the years.

Air Force spouses take care of us during our careers. Many of them forego their own careers to support the careers of their military spouses and, along the way, endure the sacrifices of separations, uprooting the family every few years, and other things that make Air Force life unique and challenging.

The Air Force Enlisted Village provides a place for us to take care of these military spouses and to give back — in some small measure — the things they gave to us during their lives.

For more information about the foundation and to see what the Air Force Enlisted Village has been able to do in large part because of your generous donations, visit the Web site at www.afenlistedwidows.org.

Congratulations Retirees

Today
Lt. Col. Fernando Conejo, Air Education and Training Command

Tuesday
Lt. Col. Chris Cruzcosa, Air Force Personnel Center

Retirement announcements should be submitted to the *Wingspread* office by Friday at noon two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the *Wingspread* office at 652-5760.



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For more information about submissions, call 652-5760 or base ext. 7-5760.

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IG offices win Air Force awards

Two offices in Air Education and Training Command are the best in the Air Force at handling complaints. The complaints and inquiries section of the AETC Office of the Inspector General here and the 82nd Training Wing IG office at Sheppard Air Force Base, Texas, are the 2002 recipients of the John P. Flynn Inspector General Award. The complaints division at the headquarters garnered the award in the major command category. The division managed or oversaw more than 1,200 actions in 2002. The staff conducted sound analysis to ensure just 2 percent of cases were investigated, according to the nomination package submitted by Gen. Don Cook, AETC commander.

The headquarters IG team conducted three staff assistance visits and six inspections throughout AETC to ensure inspector generals in the field “had the tools for success,” the nomination stated. The complaints and inquiries section was the first in the Air Force to develop and employ an electronic case management system that will soon be launched Air Force wide. The team briefed the system at the worldwide IG conference and also developed a training course, including a 106-page user’s manual, to share their efficiency with the rest of the force. The Sheppard IG staff was equally as innovative in its support of more than 110,000 people worldwide assigned to the largest technical training wing in the Air

Force. It was named the winner in the wing category. The team handled more than 320 contacts and conducted only one investigation, stressing resolution at the lowest level, according to the nomination package submitted by Brig. Gen. Arthur Rooney, 82nd TRW commander. The IG team saved Sheppard more than \$200,000 in manpower costs by conducting extensive complaint analysis to negate four reprisal investigations, and saved or recouped thousands of dollars for individual complainants with pay and bonus problems. The office was touted as an innovator by higher headquarters and had five “best practices” submitted for command-wide

and possible Air Force consideration. The staff also converted its congressional staffing package to an electronic format to more efficiently process those items, the nomination stated. The Sheppard office worked to communicate its programs with customers by developing a brochure to help people determine the best local contacts to handle their concerns. The IG team distributes more than 1,200 of the brochures monthly. The Sheppard IG staff also conducted 17 new commander visits, 12 group commander visits, and briefed at 12 group staff meetings and 26 commander’s call sessions to get the word out about IG programs. (AETCNS)

AF program pins parents

By David Smith
Air Education and Training Command Public Affairs

Have you been to a basic training graduation parade at Lackland Air Force Base lately? Things have changed a lot since I graduated in February 1965. The parade ground is the same, but there are more airplanes. The bleachers are new from 38 years ago. Then we didn’t invite family and friends to basic training graduation. Today they come by the hundreds. I think my parents would have come if I’d invited

them. I know they were always proud of my Air Force service. Mother always called it the Air Corps, and I always corrected her, but it never took. Dad carried a clipping from the newspaper announcing my promotion to chief master sergeant and showed it to everyone he met. Today, you have an opportunity to make your parents proud of your service in our Air Force. The Air Force Parent Pin program gets your parents a snappy looking blue and silver pin with the Air Force logo emblazoned with a large silver “P” for parent in the

center. You get the thrill of presenting their parent pin. It costs you nothing but a few moments of your time. Go to <http://www.yourguardiansoffreedom.com> and register your parents. In addition to the parent pin, they receive nice notes from the Air Force secretary and chief of staff expressing their appreciation for your service. This is a true, no-brainer, no cost, warm fuzzy for parents of Air Force members. Visit the W0eb site today — your parents will be glad you did. (Mr. Smith is a retired Air Force chief master sergeant)

Vigilance by all is the best defense at home

Airfield Management Vigilance with an attitude

Bob Hieronymus
Wingspread staff writer

When the 12th Tactical Fighter Wing deployed to Vietnam in 1965, a sign was put up over the door of base operations that read, “Our mission is to fly and fight.” That was usually followed verbally by, “and don’t you forget it!”

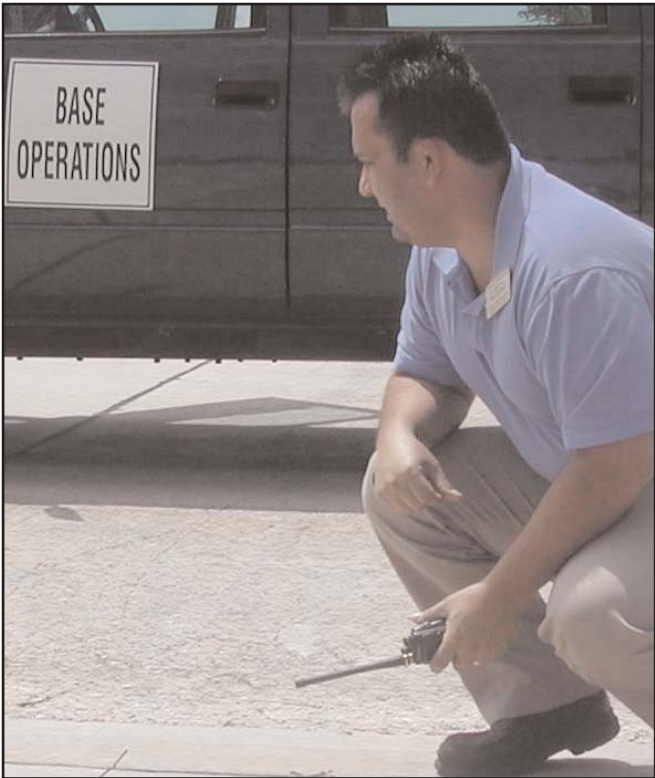
Today at 12th Flying Training Wing base operations, the mottos may be unspoken, but they are no less emphatic. The mission is to fly and keep flying safely. For airfield manager Wally Meadors, keeping the airfield open and safe is the mission. He and his people don’t forget it!

What does it take to keep an airfield open and safe? Mr. Meadors puts it succinctly, “vigilance with an attitude.” “It’s one thing to be watchful, but to have an attitude about being watchful means taking action quickly when anything shows up with the potential for creating a hazard,” he explained.

Every day the airfield management team members make at least two full circuits of the ramps and taxiways checking for hazards and potential hazards. The trick is less about seeing actual hazards, they are usually obvious. It is more about watching for any changes in what would otherwise be a monotonous drive over the same route day after day.

That means, for example, being aware of the way the asphalt sealer in the joints between concrete sections of the ramps expands in hot weather. Some asphalt mixtures can crystallize over time and flake off in chunks large enough to become “Foreign Object Damage.” FOD is the technical term for objects that are sucked into a jet engine with the potential for doing costly damage.

During his regular one-and-a-half hour tour of the flight lines and runways one day last week, airfield management dispatcher Jerry Molina picked up two chunks of loose asphalt, half a dozen rocks, one dead Mocking Bird, one dead bat, and some “biodegradable evidence” that a dog had wandered onto the runway. Once he called the tower on his radio to request the “bird cannons” be fired to scare off Grackles that were feeding close to a runway. He also examined some damaged concrete on a taxiway to determine if it posed a



Jerry Molina, airfield management dispatcher, inspects damaged concrete on a taxiway during his regular check tour of the airfield. (Photo by Bob Hieronymus)

hazard to aircraft. “That’s pretty normal for a check tour,” he said.

Mr. Meadors points out that there are two kinds of inspections done every day. One is the “check,” which involves monitoring the condition of the airfield. That’s the kind of driving tour Mr. Molina was doing. Are runways or taxiways wet enough to create a hazard for aircraft? Are there new places where the ramp or taxiway surfaces are damaged and in need of repair? Are construction crews on the ramps and runways observing safety rules? Are there any unexpected intrusions onto the ramps? These are mostly things that can

be seen or observed by the trained eye, but any one of them can cause the airfield to be shut down until the problem is resolved. That means no flying, which means the mission is put on hold. That’s serious.

The other kind of inspection is for compliance with military airfield standards. For example, this involves scanning the horizon for new construction sites where an off-base builder might erect a crane tall enough to create a hazard to aircraft in the pattern. It means noting when ground maintenance crews use too much herbicide around the runway lights to keep down weeds, but unintentionally create a hazard where bare dirt can be eroded by wind or rain. That can also create an environment attractive to flocking birds and increase the chances of an aircraft bird strike.

Compliance checks verify that the lines painted on the ramps are correct and in condition to match the expected uses. This is critical because Air Force standards require different spacing between parking places for different airplanes. Parking space can be a critical factor during hurricane season when airfields near the coast are evacuated to inland locations that have the proper space and support equipment. These are factors to consider in contingency planning.

Airfield management teams also respond to reports of unintentional intrusions into the flight line areas. People can occasionally get lost on base and end up on ramps or taxiways, especially on the south end of the base, near the golf course where the road and taxiways cross.

Dispatchers track all inbound and outbound flights, monitor weather conditions that may adversely affect flying, and issue Notices to Airmen that go out to flyers all across the nation. Then there are the usual housekeeping duties, such as making sure the flight crews have all the right maps and charts for flight planning.

Mr. Meadors, a retired Air Force instructor pilot and airfield manager, has been at Randolph for three years. When asked if he enjoys his work, he answered with a big smile, “this is the most natural thing in the world for me. I enjoy being part of this mission.”

For more information, call base operations at 652-1861.

Re-enlistment bonuses adjusted

Air Force officials recently revised re-enlistment bonuses, adding or increasing 40 career field zones and decreasing or removing 100, according to Air Force Personnel Center officials here.

The revision to the selective re-enlistment bonus program includes additions of zones in two career fields that previously did not have a bonus. In addition, 10 career fields that previously had some type of bonus were deleted from the revised list.

“The SRB program is a retention tool the Air Force uses as an incentive to help keep the right people in the right jobs to accom-

plish our mission,” said Maj. Gen. Peter Sutton, director of learning and force development at Air Force headquarters in Washington.

“This change (in SRBs) is the result in part of increased retention rates. But airmen should also remember that SRBs are not an entitlement,” said Sutton. “The Air Force will continue to shift this program based on the needs of the Air Force and our global mission.”

Criteria used for determining which enlisted skills receive an SRB include current and projected skill and total manning

levels; re-enlistment rates; and category of enlistment, career field force structure changes and inputs from functional career-field managers. SRBs are authorized in 0.5 increments (or multiples) and in three re-enlistment zones for people with between 17 months and 14 years of service.

The revised Air Force specialty code listing of SRB multipliers includes increases in 12 Zone-A (17 months to six years of service), 14 Zone-B (six to 10 years of service) and seven Zone-C (10 to 14 years of service) career fields. It also includes additions in two Zone-A, four Zone-B and

one Zone-C career field. Multipliers decreased in 38 Zone-A, 20 Zone-B and five Zone-C career fields.

Ten Zone-A, 15 Zone-B and 12 Zone-C SRBs were deleted; two new AFSCs were added, and 10 AFSCs were deleted in either Zones A, B, C or some combination.

Additions and multiple increases are effective June 4. The SRB multiple decreases and deletions are effective July 4.

The new list of bonuses is at <http://www.afpc.randolph.af.mil/enlskills/Reenlistments/reenlistments.htm>. (Courtesy of AFPC News Service)

Base library brings research tools to Web

Bob Hieronymus
Wingspread staff writer

If you haven’t been to the Randolph Base Library Web site lately, you need to go there soon. The site is now enlarged with links that bring a whole new world of information and research tools to the user.

David Ince, library director, was very proud of the new site. “Randolph is one of 87 general libraries in the Air Force but it has been on the cutting edge of library technology development for many years. We started to develop our Web site four years ago, but this is a major new level of data access,” he said.

“Like almost everything else on the Internet, this web site is a permanent work-in-progress,” Mr. Ince said with a grin. While there are sixteen major links up and running now, that

number will increase as new needs and interests are identified, and the library staff has time to program the server.

Many of these links are accessible not only from library and base computers, but also from home computers. The users need to have a Randolph library card and enter their 14-digit card number for access when prompted.

One of the links connects to the EBSCO research system that provides indexes and full text of articles from thousands of periodicals. Access to EBSCO and the Gale databases alone costs the library \$20,000 per year, for which library patrons can browse two of the nation’s largest, most comprehensive data bases and Web link sites. Funds for the Randolph library come from several accounts, but the overall Air Force library system is managed by the Air Force Services Agency, headquartered in San Antonio.

Students at all levels of education, from middle school to

college to military professional schools can find research tools that formerly required traveling to large libraries. Just a few clicks and the users can browse military technical data through the Jane’s publications, events of political importance worldwide or economic forecasts. It is even possible to “check out” electronic books through the new system.

Of particular interest to college students or those planning to take college courses are the practice tests for CLEP, SAT, and ACT. And if the user still can’t find that one special book, there is the on-line ordering of inter-library loan materials.

Gail Trevino, reference librarian, was enthusiastic about the new Web site developments. “There is only one way to get acquainted with this fantastic reference tool and that’s to try it,” she said. “The URL for the library is rafblibrary.org. Try it! You’ll find wonderfully useful information there.”

Be a survivor, have a designated driver

Stay cool in summertime

By Jennifer Valentin
Wingspread staff writer

The sizzling summer months are the time to learn how to keep cool and not get overheated. The health and wellness center here has plenty of tips to help beat the heat.

“Keeping hydrated by drinking plenty of water is the most important thing a person can do while in the heat,” said Scott Nunnelly, HAWC exercise physiologist. “A person should be drinking at least eight 8-ounce glasses of water per day. In addition to this, an extra glass of water should be consumed for every hour of activity, more if in extreme heat.”

Before exercising, always drink water before starting to feel thirsty, said Mr. Nunnelly. “Once a person feels thirsty, their body is already dehydrated.”

According to the HAWC, when exercising in the heat, a person should wear loose, lightweight and light-colored clothing made of fabrics that can breathe to keep the body cool. People should avoid dark and heavy clothing since they absorb heat.

During the hot months, indoors with air conditioning is the best place to be.

“If a person has to be outside, try to avoid the hottest time of the day and get errands or yard work done as early as possible,” said Mr. Nunnelly.

Wear a wide-brimmed hat and sunglasses to protect the face and eyes from UV rays, said the exercise physiologist.

“It’s a good idea to have a bottle of water and apply sunscreen when out in the sun for long periods of time,” said Mr. Nunnelly.

According to the HAWC, bodies need water for functions including:

- Expiration
- Regulating body temperature
- Carrying nutrients and oxygen to all cells in the body
- Moistening oxygen for breathing
- Protecting and cushioning vital organs
- Cushioning joints
- Helping to convert food into energy
- Helping the body absorb nutrients
- Removing waste
- Blood is 92 percent water
- Bones are 22 percent water
- Muscles are 75 percent water

For more information, call Mr. Nunnelly at 652-2300.

Don’t trust your life to luck ... buckle up

Defibrillators for base-wide use



Master Sgt. Eric Hanninen, Air Force Personnel Center safety office, installs the first public access defibrillator on base at AFPC. Here at Randolph, the defibrillators are coming into place over the next several weeks, and will be located at 12 sites. (Photo by Jennifer Valentin)

By Jennifer Valentin
Wingspread staff writer

Air Education and Training Command has implemented a new program to install defibrillators at 13 of its bases as part of the Cardiac Arrest Survival Act passed by Congress in 2000.

Here at Randolph, the defibrillators are coming into place over the next several weeks. They will be located at 12 sites including the enlisted club, the officers' club, golf course, bowling center, military personnel flight, both fitness centers, the commissary, the BX, the BXtra, and two at the Air Force Personnel Center.

Defibrillators are portable computerized medical devices that can save lives by giving an immediate shock to the heart, which can help restore the heart's normal rhythm and prevent cardiac arrest.

According to the American Heart Association, about 250,000 people die every year from coronary heart disease

without being hospitalized. Most people die of sudden cardiac arrest before the emergency team arrives. For every minute that passes without defibrillation, a victim's chance of survival decreases by 7 to 10 percent.

"Ambulance response time to the gate is usually within 10 minutes when traffic and force protection conditions are favorable. By providing defibrillators on base, we can dramatically shorten the time between the cardiac event and the lifesaving treatment," said Lt. Col. Steven Lamb, 12th Medical Group medical services director. "Victims of cardiac arrest need treatment as soon as possible. The portable defibrillators provide this life-saving chance."

People on base can become trained on how to use the defibrillators. The Basic Life Support classes currently offered include use of the defibrillator. Though not required, units are encouraged to send their personnel to classes.

For more information on the classes or information on the defibrillators, call Tech. Sgt. Nicole Fischer at 652-1846.

Good Neighbor: Tree planting

This “Good Neighbor” column is designed to help Team Randolph members be good stewards of our historic infrastructure. The column is planned to alternate with the “Construction Corner” and will include helpful tips from our 12th Civil Engineer Squadron for facility managers and housing residents. I appreciate your continuing efforts to help maintain Randolph AFB as The Showplace of the Air Force!

Col. Greg Patterson 12th Support Group commander

Thinking about planting a tree?
The Randolph Air Force Base Housing Office encourages residents to have a homeowner’s attitude toward maintaining their military family housing quarters.
However, before trees, large shrubs or new flower beds are planted, residents must submit an AF Form 332, Base Civil Engineer Work Request, to the housing office for approval. If residents plants trees without proper approval, they may be required to remove them at their own expense.
Trees are vital to the environment and they enhance the

appearance of the housing areas. Proper placement, though, is essential in order to prevent damage to houses, roofs, sidewalks and curbs.
Trees are also expensive to maintain. Currently there are more than 8,500 trees on Randolph. The average cost to trim one tree is \$125.
More information about trees and plants, as well as other useful information, can be found in the 2003 RAFB Family Housing Brochure. Please contact the Housing Office Facilities Section at 652-3334 for additional information.

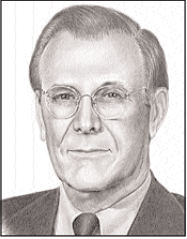


United States Air Force
ONLINE
news

Access breaking news at United States Air Force Online News, the official newspaper of the United States Air Force. A simple click to www.af.mil/news/ keeps you informed about events.

America at War

“The remnants of the Saddam Hussein regime are still there (in Iraq). They are the ones periodically attacking coalition forces. Do I think that will disappear in the next month or two? No. Will it disappear when some two or three divisions of coalition forces arrive in the country? No. It will take time to root out the remnants of the Saddam Hussein regime, and we intend to do it.”



Secretary of Defense Donald Rumsfeld
Press Conference, Tuesday

Randolph supports global mission
As of Monday, 138 Team Randolph members are deployed in support of military operations around the globe.

Iraqi attacks on U.S. forces
By Jim Garamone
American Forces Press Service

LISBON, Portugal - Defense Secretary Donald H. Rumsfeld does not believe that the recent spate of attacks on U.S. soldiers in Iraq is the result of any “well-organized nationally directed campaign,” he said Tuesday.

But, he noted, there are people who say that in certain parts of Iraq “it looks as though it has an element of organization to it as opposed to being random.”

The attacks on coalition forces are not just a criminal enterprise, Rumsfeld said on the plane flying here. He said his impression is that the attacks are coming from the paramilitary Fedayeen Saddam, die-hard Baath Party members, Iraqi Republican Guards and other sympathizers with Saddam Hussein’s former regime.

He said coalition forces do not have the same problems in the southern part of the country, because most of the battles were fought there. “The regime sympathizers (in the north) did not get into a battle and, there-

fore, a lot of them didn’t get killed as they did down south,” he said. “So there are probably more of them per square mile in the northern portion of the country between Baghdad and Tikrit than there are in other portions of the country.”

Rumsfeld said the United States is talking to 41 countries about support to the coalition effort in Iraq.

He said the composition of U.S. forces in the country - which now number about 145,000 - is being changed. “We’ve been adding ground forces in Iraq,” he said.

U.S. Central Command has moved out air and naval forces from the region. CENTCOM is “mixing and matching” for the forces it will need in the months ahead. The secretary said that at this stage there isn’t a great need for heavy armor, artillery or rocket battalions.

“There is a need for presence - ground forces,” he said. And those ground forces will be heavy with military police, civil

affairs personnel, interpreters and infantrymen.

Rumsfeld also addressed the perception that many Iraqis are not cooperating because they still fear Saddam Hussein. He said the Iraqi people were afraid of the vicious and repressive dictator. “And if they fear he might come back, they might be somewhat slower to say what they know,” he pointed out.

The thought of Saddam returning to power may be fueling the attacks on coalition forces, but they will not succeed, the secretary said.

In the meantime, coalition forces will “just keep looking for him. We’ll find him,” Rumsfeld said.

**HOMELAND SECURITY
ADVISORY SYSTEM**

ELEVATED
SIGNIFICANT RISK OF
TERRORIST ATTACKS

CURRENT NATIONWIDE THREAT LEVEL

Source: www.whitehouse.gov

Keep vehicles in tune

By Jennifer Valentin
Wingspread staff writer

When preparing for a road trip, make sure to have the car checked and ready to go.

Before getting in the car, check the outside of the vehicle. According to the National Safety Council, the tires and windshield wipers should be checked, the driver should make sure there are no leaks under the car and the mirrors, signal lights, tail lights and head lights should be checked to make sure they are not broken.

Inside the car, the doors should close and lock completely, the seats and seatbelts should be adjusted correctly and comfortably, the mirrors and vents should be adjusted properly and the gauges should be working.

Before a long drive, the oil level should be checked. While the engine is cool, pull out the dipstick, wipe it off and re-insert it. Pull it out again to check the oil level. According to the NSC, a safe oil level is between the upper and lower level marks.

The washer fluid level should also be checked. Tire inflation should be checked when the tires are cool, and every time the person fills up the car with gas.

Once a month, even when not planning a long road trip, the automatic transmission and brake fluids should be checked, according to the NSC. More fluid should be added if necessary. Every six months, hard or cracked windshield wiper blades should be replaced, tires should be rotated according to the owner’s manual instructions and the power steering fluid should be checked.

“By performing regularly scheduled maintenance on your vehicle, you will minimize the risk of breakdowns on the highway,” said Staff Sgt. Rick Fish, 12th Flying Training Wing safety office. “By performing these simple steps, you are using operational risk management in its most basic form.”

For more information on vehicle safety, visit www.nsc.org, or call the safety office 652-1842.

Base offers monthly activities



South Pool

The South Pool is available for private parties Saturdays from 6-9 p.m. Reservations must be made in person at equipment rental, Building 897, from 7:30 a.m. to 4:30 p.m. Mondays and 9 a.m. to 5 p.m. Tuesday through Friday. Active duty military assigned to Randolph have priority. Reservations must be made at least two weeks in advance of the party. A fee of \$65 plus the cost of lifeguards is required. Cancellation must be made three working days prior to the use date in order to receive a refund. A minimum of two lifeguards is required for all parties. After 50 people, an additional lifeguard will be added for every 25 people.

Closing ceremonies

Closing ceremonies for the 2003 Youth Baseball/Softball season will be held at Ebbetts Field today at 6 p.m. Players and coaches need to arrive by 5:30 p.m. Commander’s comments begin at 6 p.m. followed by trophies and awards presentation.

For more information, call the youth center at 652-3298.

Sunset cruise

Outdoor recreation at Canyon Lake invites people to enjoy a sunset cruise on the lake, departing the marina Saturdays at 6:30 p.m. and returning after sunset, for approximately 2 1/2 hours long. The cruise takes place every Saturday and is only \$3 per person or \$5 per couple.

For more information, call Canyon Lake at 1-800-280-3466.

Canyon Lake diving trip

Canyon Lake Outdoor Recreation invites all certified scuba divers to sign up for the Canyon Lake diving trip Saturday and June 28. It will consist of

a two-tank dive at one of the known diving sites on Canyon Lake. All divers must provide required equipment, including a valid certification “C” card. Seats are limited to 8 divers per trip. The price is \$45. The boat will depart from the Marina at 9 a.m. and return at 3 p.m.

For more information, call 1-800-280-3466.

Father’s Day Brunch

A Father’s Day brunch will be held at the officers’ club Sunday. Golf is the theme for this special occasion. Dads may fill out entry forms to win prizes, such as a complimentary round of golf with cart or complimentary golf balls from the golf course. The best-dressed dad in golf attire will win a gift certificate also from the golf course. Seating times are 10 a.m. and 12:30 p.m. and doors will open at 9:30 a.m. Adults dine for \$14.75, or \$12.75 (members’ first price); children ages 5-12 dine for \$7.50 or \$5.50 (members’ first price); and children under the age of five dine for free. No coupons will be accepted. Randolph Officers’ Club members and other officers’ club members may make reservations now, until sold out. Reservations are accepted at the cashier’s cage, or by calling 652-4864 Monday from 9 a.m. to 2 p.m. or Tuesday through Friday from 9 a.m. to 5 p.m.

Father/Son Fishing Contest

In honor of Father’s Day, Canyon Lake will hold a fishing contest on the Mariana Fishing Pier. The contest will be held Sunday from 8:30 a.m. to 2 p.m. The top three anglers who catch the most fish will receive trophies.

For more information, call 1-800-280-3466.

Texas Treasure Casino Tour

Join us aboard the Texas Treasure Casino Cruise Ship out of Port Aransas. It departs Randolph June 21 at 7 a.m. and returns at approximately 8:30 p.m. The tour price is \$25 and includes roundtrip motor coach, inter-

national buffet and live entertainment. Enjoy live casino action, loose slots, video poker, craps, roulette and blackjack. The bus fills up quickly so stop by the ITT office and sign up today. Next tour dates: July 19, Aug. 16 and Sept. 13.

Comal River night dive trip

A night diving and snorkel trip is scheduled for June 22 on the Comal River. Participation is limited to fifteen divers/non-divers, so reserve early. All participants will be responsible for providing the required equipment and a valid certification “C” card. The price for divers is \$30 and for snorkelers is \$15. The trip will leave the equipment checkout facility, Building 897, at 6:30 p.m. and return at 10:30 p.m.

For more information, call 1-800-280-3466.

Sea World of Texas

The world’s largest marine life adventure park and family entertainment showplace presents a line-up of more than 25 shows, rides, animal attractions and educational experiences for all ages.

Daily admission passes are available for \$22 for everyone ages 3 and up. A two-year season pass is also available for \$76.50.

Six Flags Fiesta Texas

Advanced tickets are now available at ITT for \$24 for everyone ages 3 and up.

Schlitterbahn Waterpark

Schlitterbahn Waterpark is located on the banks of the spring-fed Comal River in New Braunfels, between San Antonio and Austin. Discounted tickets are available for \$27.25 for adults and \$22.50 for children ages 3-11.

Splashtown

Open daily through Aug. 17 and Saturdays and Sundays through Sept. 14. Discounted passes are available at ITT for \$13 for everyone ages 3 and up.

June Calendar

Today through June 30	Journey Around the World, Fitness Center
Today	Rob Carter, 6:30 - 10:30 p.m., Sky Lounge Officers’ Club
Today	Snack with Mom and Dad, 2:15 p.m., Child Development Center
Saturday	Father/Son Golf Tournament, 1 p.m. Tee Time, Golf Course
Saturday	Weekend Kayak Trip, 10 a.m., Outdoor Recreation
Sunday	Father’s Day Bowling Special, 1 - 9 p.m., Bowling Center
Sunday	Father/Son Fishing Contest, 8:30 a.m., Canyon Lake
Wednesday	Health Fair, 10 a.m. - 2 p.m., Family Support Center
Thursday	Membership Night, 7 - 10 p.m., Enlisted Club
20	Texas Connection, 6:30 - 10:30 p.m., Sky Lounge, Officers’ Club
21	Give Parents a Break, 5-11 p.m., Child Development Center
21	Texas Treasure Casino Tour, 7:30 a.m. Departure, ITT
21	Weekend Rafting Trip, 10 a.m. Departure, Outdoor Recreation
23	\$10,000 Bingo Extravaganza, 6 p.m., Enlisted Club
23-27	Youth Golf Clinic, 8 a.m., Golf Course
27	Birthday Celebration, 2:15 p.m., Child Development Center
27-29	Hotter-N-Hell Open Skeet Shoot, 8 a.m., Skeet Range
27	Borderline, 6:30 - 10:30 p.m., Sky Lounge, Officers’ Club
28	San Antonio Food Bank Volunteer Service, Teen Event, Youth Center

Airmen’s Dining Facility

Building 860 — 652-5533 <i>Recorded Menu 652-MEAL (6325)</i>	7 p.m. - 8 p.m. Carry out
Weekday meals: 5:45 a.m. - 7:45 a.m. Breakfast 10:30 a.m. - 1 p.m. Lunch 4:30 p.m. - 6:30 p.m. Dinner	Weekends and Holidays: 8 a.m. - 1 p.m. Brunch 4 p.m. - 6 p.m. Dinner No carry out

Be a survivor, have a designated driver

Randolph Community Bulletin Board



Miscellaneous Community Notes

12th FTW/PA office closure

The 12th Flying Training Wing Public Affairs office and Wingspread office will be closed June 20 for an off-base media event rescheduled from June 6.

For emergencies, call the on-call representative through the command post.

CGOC meeting

The Company Grade Officers' Council will hold a meeting June 20 at 3:30 p.m. in the officers' club.

For more information, call 2nd Lt. Andrea Spencer at 652-7021.

Airlift Tanker Association Lunch

The Airlift Tanker Association, Alamo Chapter, is sponsoring a lunch June 25 at 11:30 a.m. in the enlisted club.

The guest speaker will be Gen. Don Cook, Air Education and Training Command commander. The cost is \$6.50 for club members and \$8.50 for non-club members. RSVP by June 20.

For more information, call Maj. Geoffrey Laing at 565-2453, ext. 4141. If leaving a message, indicate name, phone number, number of attendees and meal choices.

Vehicle maintenance closure

Vehicle maintenance will be closed for a flight function today from 11 a.m. to 3:30 p.m. Customer service functions will be resumed the next duty day.

Emergency issues can be addressed to 652-3477.

RFISD summer hours

The summer hours for Randolph Field Independent School District administrative offices are Monday through Thursday from 7 a.m. to 4:30 p.m. The offices will be closed Fridays and July 4.

ASMC meeting

The Alamo City Chapter of the American Society of Military Comptrollers monthly meeting is Tuesday at 11 a.m. at the officers' club. A lunch will be offered at 11:30 a.m., including scholarship award presentations and transition to new officers.

For more information, call Master Sgt. Lu Ann Trent at 652-5393.

School, sports, camp physicals

School, sports and camp physicals will be offered at the Randolph Clinic June 26, July 10 and 31, and Aug. 7 from 4-6 p.m. Randolph TRICARE Prime enrollees can make appointments now for June, Sunday for July, and July 15 for August.

Call the central appointment office to schedule an appointment duty days between 10 a.m. and 4 p.m. at 945-0411.

Students must wear loose clothing, bring their military identification card, TRICARE card or medical card, shot record and school physical form. Parents must come with the students if they are under age 18.

For more information, call 652-2543.

560th FTS change of command

The 560th Flying Training Squadron will hold a change of command ceremony June 27 at 3 p.m. in Hangar 4. Lt. Col. Michael Kennedy will replace Lt. Col. John Keith Switzer as commander. A reception will follow at the Three's Inn in Hangar 12.

For more information, call 652-3518.

ALS graduation

The Randolph Airman Leadership School graduation and awards ceremony for class 03-6 is July 1 in the enlisted club. The social will start at 6 p.m. and the ceremony will begin at 6:30 p.m.

The cost for club members is \$14 and the cost for non-club members is \$16. RSVP by June 24, close of business.

For more information, call Master Sgt. Marc LaMontagne at 652-5283.



Building 693

Driving safety course

For more information about the driving safety course held Saturday from 8:30 a.m. to 3:30 p.m., call the South Texas Safety Council at 824-8180.

CAIB

A Community Action Information Board meeting, addressing concerns or issues from family members, is Tuesday from 2:30-3:30 p.m.

Anyone wishing to have concerns addressed can e-mail barbara.pape@randolph.af.mil, or call 652-5321.

Drug, Alcohol Driving Awareness Program

This is a six-hour course which can be used for a 5 percent auto insurance discount for a renewal three-year period. It is designed to address risks associated with alcohol and drugs. The program is held Tuesday and Thursday from 6-9 p.m.

To sign up, call 824-8180.

Networking/salary negotiations workshop

A networking/salary negotiations workshop is offered Wednesday from 8-10 a.m.

Call 652-5321 to sign up.

Check It Out

Learn how to build a better financial future, at a seminar Wednesday from 2-4 p.m.

To sign up, call 652-5321.

Interviewing skills workshop

Learn how to be prepared for an interview at a workshop Thursday from 8-11 a.m.

For more information, call 652-5321.



Building 208

Randolph College Fair

Area colleges, including the University of Texas at Austin, are sending representatives to answer questions and provide promotional materials. Financial aid, teacher certification and commissioning program representatives will also be available. In addition, Southwest Texas State University will provide unofficial teacher certification evaluations. Students interested in this service need to bring copies of all transcripts listing undergraduate degree credit. Evaluations will be provided on a first come, first serve basis. The fair will be held from June 26 from 11 a.m. to 2 p.m. in the main ballroom at the family support center.

ERAU

The Embry-Riddle Aeronautical University office on Randolph will be closed Monday through June 20 for a regional conference. Master of Aeronautical Science, Bachelor of Professional Aeronautics, and Bachelor of Science in the Management of Technical Operations classes will meet as scheduled. Normal office hours will resume June 23, Mondays, Tuesdays and Thursdays from 8:30 a.m. to 5:30 p.m., Wednesdays from 8:30 a.m. to 2 p.m., and Fridays from 8:30 a.m. to noon.

TTT

Under the Troops to Teachers program, eligible military personnel have the opportunity to pursue a second career in public education. Congress recently appropriated \$18 million to the TTT program to provide financial and placement assistance to eligible participants. If interested in a second career in teaching, a TTT representative will be available at the Randolph College Fair June 26 from 11 a.m. to 2 p.m. at the family support center ballroom.

For more information, call 652-5964

SMU

A representative will be available Thursday from 11 a.m. to 1 p.m. at the education center.

Call 348-7689 for more information on reserving a seat for the next information session.

Family Support Center

Telephone: 652-5321



Building 102

Protestant

Sunday - Worship 1 at 8:30 a.m. in Chapel 1; Liturgical at 10 a.m. in Chapel 1; Worship 2 at 11:30 a.m. in Chapel 1; Gospel at 1 p.m. in Chapel 1

Monday - Wedding Briefing at 3 p.m. in the chapel center; Male Chorus at 7 p.m. in Chapel 1

Tuesday - Men's Bible Study at 11:30 a.m. in the chapel center; Autumn Winds Visit at 2 p.m. in the Autumn Winds Retirement Home

Wednesday - Film Luncheon at 11 a.m. in the chapel center; Film Luncheon at 12:15 p.m. in the chapel center; Protestant Women of the Chapel Bible Study at 12:15 p.m. in the chapel center; Women's Bible Study at 6 p.m. in the chapel center; Gospel Choir at 7 p.m. in Chapel 1

Thursday - Precept Bible Study at 6:30 p.m. in the chapel center; Chancel Choir at 7 p.m. in Chapel 1; Musical Practice at 7:45 p.m. in Chapel 1

Catholic

Friday - Rosary at 11:10 a.m. in Chapel 1.; Mass at 11:30 a.m. in Chapel 1

Sunday - Mass at 8:30 a.m., 10 a.m. and 11:30 a.m. in Chapel 2

Monday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m.

Tuesday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1; Contemporary Teen and Adult Choir at 6:30 p.m. in Chapel 2

Wednesday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1;

Thursday - Rosary at 11:10 a.m. in Chapel 1; Mass at 11:30 a.m. in Chapel 1; Cantor Practice at 6:30 p.m. in Chapel 2; Traditional Choir at 7:30 p.m. in Chapel 2

Vacation Bible School is June 23-27 from 9:30 a.m. to 12:45 p.m.

Wednesday - Christian Youth of the Chapel Bible Study at 7:30 p.m. in the chapel center

Religious Education Coordinator

The Catholic Parish is accepting bids for the Religious Education Coordinator contract. Please pick up a Statement of Work from Maj. Eugene Blazek at 652-6121 to help prepare your bid. Bids must be received by June 25.



Building 100

Movies

Telephone: 652-3278

Admission at the base theater is \$2 for adults and \$1.50 for children unless otherwise noted.

Today

"Bulletproof Monk" (PG-13), 7 p.m. Starring Chow Yun-Fat. A mysterious monk travels all over the world protecting an ancient scroll.

Saturday

"The Lizzie McGuire Movie" (PG), 7 p.m. Starring Hillary Duff. A junior high school graduate travels to Italy and is mistaken for an Italian pop star.

Sunday

"It Runs in the Family" (PG-13), 7 p.m. Starring Kirk Douglas. A New York family is successful except when it comes to each other.

June 20

"It Runs in the Family" (PG-13), 7 p.m. Starring Kirk Douglas.

June 21

"X-Men 2" (PG-13), 7 p.m. Starring Halle Berry. This time the X-Men have new and old opponents to face.

June 22

"Identity" (R), 7 p.m. Starring John Cusack. Ten strangers are stranded at a remote desert hotel in the middle of a bad storm.

Shape up your weigh

The Air Force is combating a weighty issue. Too many service members are heavy. Although most people consider the military to be lean and fit, a surprising fifty-four percent of active duty members are either overweight or obese.

This is shockingly similar to the 64.5 percent overweight or obese within the U.S. population. Although obesity is significantly lower among active duty compared to the nation, the impact of excess weight is costly.

Why be concerned? The rising incidence and array of consequences associated with being overweight and obese pose serious problems for both the nation and the Air Force.

Just consider the facts known about excess weight. Obesity is associated with type 2 diabetes, high blood pressure, stroke, certain types of cancer, heart disease and depression.

Individuals who are obese based on body mass index have a 50 to 100 percent increased risk of premature death from all causes, compared to individuals with a healthy weight.

Even moderate weight excess (10 to 20 pounds for a person of average height) increases the risk of death, particularly among adults ages 30 to 64 years. Over 300,000 deaths each year are attributed to obesity.

According to the U.S. Surgeon General, the economic cost of this disease in 2000 was 117 billion dollars!

Excess weight is the leading predictor of low fit-

ness for men within the Air Force, regardless of any other behavioral factor. Each year, the Air Force spends about 28 million dollars on medical costs and productivity losses, not to mention loss of valuable airmen who do not maintain weight and body fat standards. The key to stopping this epidemic is prevention.

For each individual, body weight is the result of a combination of genetic, metabolic, behavioral, environmental, cultural, and socioeconomic influences. Behavioral and environmental factors offer the greatest opportunities for change. Armed with this information and a mission to prevent weight gain, Air Force health and wellness experts have developed Shape Your Future...Your Weigh!

In an effort to prevent weight gain. This is a truly innovative campaign, as reflected in the slogan.

“Shape Your Future” signifies the vision that all individuals have the power to ‘get and stay in shape, and achieving and maintaining a healthy weight will shape an individual’s future by decreasing health risks and enhancing fitness, confidence, and readiness.

“Your Weigh!” implies that a unique, healthy weight exists for every individual and maintenance of that weight is important. Your Weigh! means there are a variety of healthful and effective methods to choose from to reach and maintain that weight and it is all about the individual and the personal path chosen to follow.

Due to the magnitude of the problem, it is high-

ly unlikely this epidemic of weight gain will be resolved in the near future. The intent of the Shape Your Future...Your Weigh! campaign is to implement progressive phases, each targeting different aspects of military life that may impact weight gain and its prevention.

Future phases of the campaign will focus on community commitment to a healthy environment by employing a roadmap to assess base efforts in supporting healthy weights and lifestyle. Recognizing and offering helpful solutions to factors which often contribute to weight gain, such as deployments, injuries, and stress may make it easier to reach the goal of achieving or maintaining a healthy weight.

Once fully implemented, the Shape Your Future...Your Weigh! campaign will provide the missing link between awareness and action necessary to maintain a fit and healthy force, ready to face the current and future demands of the Air Force.

This responsibility lies not with a select group of members but with each individual member. Shape Your Future...Your Weigh! is designed to make this goal an individualized reality.

For more information on Shape Your Future...Your Weigh! or weight gain prevention, contact the Health and Wellness Center at 652-2300.

(Submitted by the Randolph Health and Wellness Center.)



Extramural Softball Team Standings

As of June 10

NATIONAL		
Team	W	L
DPAA #1	3	0
AFRS	3	2
AFOMS	2	1
AFPC/DPCD	1	0
DPAA #2	1	1
12th CPTS	1	2
12th CES	0	2
12th MDG	0	2
AFSVA	0	3

AMERICAN		
Team	W	L
AETC/DP	3	0
12TH MSS	2	1
JPSSO	2	1
12th SUP	1	1
12th SVS	1	1
DPAO	1	1
AFMIA	1	2
12th AF	0	3
HQ AETC	4	2
12th OSS	4	3

Intramural Softball

Team Standings

As of June 10

MON-WED		
Team	W	L
12th CES	5	0
AETC/DP	4	1
563rd FTS	4	1
AFRS	3	2
12th CON/AFMIA	2	2
12th SFS	2	3
562nd B FLT	1	3
12th OSS	1	4
562nd G FLT	1	4
AFPC #2	1	4

TUE-THUR		
Team	W	L
AFPC #1	5	1
AETC/CSS	5	2
12th CS	4	3
12th AMO	3	2
562nd INSTR	3	3
12th MDG	2	5
562nd I FLT	0	6

Sports Briefs

Chiefs vs. Eagles softball

Randolph colonels will try to defend their title against the base chief master sergeants during the annual Chiefs vs. Eagles softball game Thursday at 3 p.m. at Rambler Field

Base members are encouraged to come out and watch the game.

For more information, call Chief Master Sgt. Mark Stevens, 652-6237 or Lt. Col. Richard Simpson at 652-4401.

Cholesterol management

This workshop includes a nutrition overview, exercising with results, two behavior modification classes and a cholesterol briefing.

Cholesterol testing will be available.

To enroll in the next class, which is June 16 at 12 p.m., call the HAWC at 652-2300.

Senior fitness

Exercise at any age has benefits from reducing the risk of heart problems, including heart attacks, to preventing osteoporosis.

To enroll in the next class, which is Monday at 10:30 a.m., call the HAWC at 652-2300.

Weigh to Win

This class is designed to help change eating habits and make life changes.

The next classes are May 15 and May 22 at 12 p.m.

Contact the HAWC at 652-2300 for more information or to enroll.

Smart Cooking

This class is designed to teach participants how to learn new ways to cook foods healthier.

For more information or to sign up for the next class, which is today, from 11 a.m. to 2 p.m., contact the HAWC at 652-2300.

Prenatal and postpartum fitness education

This class will begin at 2 p.m. on June 25.

For more information call the Health and Wellness Center at 652-2300.